

# Gensan tanker smashes twice old Palaro record

TACLOBAN CITY - A twelve-year old elementary grade pupil of Notre Dame of Siena - General Santos City and a swimmer from the Cotabato Regional Athletic Association (CRAA) swimming team broke twice the old Palaro record in the 200-meter Free Style (Elementary-Boys) in breakaway fashion, first in the heat trial then in the final of the said event, as the 2009 Palarong Pambansa progressed in its third day, this city.

Omar Philip Dacera's time of 2 minutes 10.34 seconds first smashed the old Palaro record of 2 minutes 12.00 seconds set by NCR swimmer Gian Daniel Berino during last year's Palaro at Puerto Princessa City, Palawan.

The second record-breaker came during the 200-meter Free Style final held in the late afternoon, when he broke his own record earlier set in the morning.

Dacera's final time clocking is 2 minutes 9.33 seconds

Libertine Salvadico,



Omar Philip Dacera sets another Palaro record in 200m Free Style in Elementary -Boys.

Dacera's coach and a teacher at Saavedra Saway Elementary School in Labangal, Gen. Santos City, confirmed that Dacera promised to her that he will break his own record during the final of the 200-meter Free Style vent.

"Ma'am, I will rest for a moment but this afternoon, I promise to you that I will break my own record again", Dacera told her jubilant coach after the first record-breaking feat.

True to his promise, Dacera broke his own record.

Meanwhile, his cousin Lawin also snatched a silver medal for the 400 meter freestyle for Boys-Secondary, while Fritz Delle Anos, got a bronze medal for 100 meter backstroke for boys-Elementary (FCSJr)

## CRAA cagers thwart CLRAA 61-56

Tanauan, Leyte - The Cotabato Regional Athletic Association (CRAA) quintet outscored the Central Luzon Regional Athletic Association (CLRAA) delegation with a 61-56 lead to close the final half here at the Tanauan Civic Center, yesterday.

Ed Justin Jamorabon, who hailed from Sultan Kudarat, scored 15 points, 9 points in the last quarter of the game carried the team as they hold on to beat the Central Luzon.

Crowd roars as Jamorabon made a three-point-shot behind the arc to edge the opponent as the team CRAA rallied on to win.

CRAA basketball team (Elem.) advances to the quarterfinals. (RJSS)

## RD Almada applauds SOCSKSARGEN sprinters

TACLOBAN CITY - Department of Education (DepEd) XII Regional Director Luz S. Almada applauded her two sprinters in 400 meter dash secondary boys for winning in their respective hits on the second day of the ongoing 2009 Palarong Pambansa.

Reymond Maygay, an athlete from Sultan Kudarat Division tops in his hit from his

other rival from other regions by clocking 51.1 seconds.

Making the most of his Palarong Pambansa, an 18 year old Peter Paul Padal, a native from Tampakan, South Cotabato emerged on his hit by clocking 52.4 seconds at the newly rubberized track oval of Leyte Sports Development Center.

Maygay and Padal will be given cash incentives by RD Almada after winning their events.

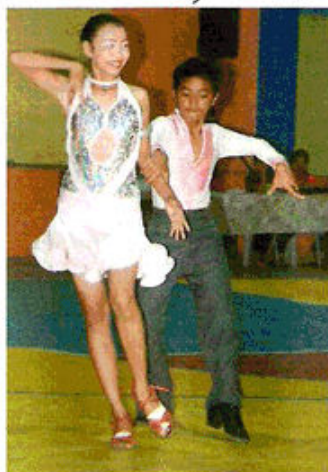
The two sprinters from the region are qualified to run for the final to bring home the gold.

Meanwhile, Padal gave his best sprint in 100 meter dash on the first day of the national competition to qualify for the final.

He revealed that his height is not the issue to win in the competition but

RD Almada to p2

## Narcilla, Victorio bag six medals in dancesports feat



DANCE couple Julie Ann Narcilla and Sim Jad Ralph Victorio maybe new names to the Palaro but they have shown grace and bearing as they bagged six medals in dance sports competition for the region.

Three gold were gathered from Cha-Cha, Rumba and Jive; a silver for the three dance category (Cha-Cha, Samba and Jive); and two bronze medals for Samba and the two dance category (Cha-Cha and Rumba).

Although the event was not

included in the over-all point system but this achievement can already help boost the morale of the whole delegation.

Julie Ann, a 14 year old 2<sup>nd</sup> - year high school student from the Sultan Kudarat Polytechnic College Science Lab High School started to dance when she was ten years old. She was encouraged by her mother Margie who was then into dance sports through the Women's group to try dancing.

"At first, I don't want to try, but later I already loved dance sports." She said.

The youngest of the six siblings, Julie Ann keeps on practicing daily but discloses that she always put her studies a priority.

Her achievements include being a champion in the Davao Dancesports Open-Junior category; Champion in Tacurong City Open Junior category and Champion during the recent regional meet to name a few.

Her dance partner Sim Jad,

Narcilla to p2



RD Luz Almada (2nd-R) poses with Region XII sprinters Peter Paul Padal & Reymond Maygay. Also in picture are SDS Remy Rivera (L) of Cotabato Division and Amel Sambria ES-I (R) of Kidapawan City.



# Arnīs team set to regain title

**TACLOBAN CITY** - The Cotabato Arnīs team is set to regain their crown this year after it was snatched last year at the Palarong Pambansa at Puerto Princesa, Palawan.

After garnering four gold and four silver on the first day of the Palaro for the synchronized solo baston and doble baston both in the individual and team event, the team is headed for a five gold sweep for the full contact labanan starting yesterday.

Rey John Miguel, the region's most bemedalled athlete as of this date for garnering two gold and two silver is determined to snatch another gold for the team in the pinweight division set for 43 to 47 kgs.

Other gold at stake will come from the flyweight division, (43 kgs. below); Bantam weight division (47 to 51 kg); Featherweight division (51 to 55 kgs.) and extra light weight (55 to 60 kgs.) These are to be played by his fellow teammates Jerome Magna, Nomer Buenavente, Cyril Besona and Rodel Sanico.

The Arnīs team of Region XII emerged as the over-all champion when it was first introduced as one of the events

in 2007 Palaro in Koronadal City. It was however snatched by the Cordillera Administrative Region last year when it landed second place in the over-all tally.

Eric Marvin Victorio, coach of the team said that they wanted to make an impact in Arnīs this year.

"We are determined to bring back the trophy. I am hoping that our sacrifices for 45 days training will be paid off," Victorio said.

The team is likewise confident to bring home the bacon for the Arnīs -Girls, this year's new event for the Palaro.

They garnered five gold and three silver in the Anyo events.

Aireen Apresto garnered two gold medals for the Individual Solo Baston and Doble Baston. Teammates Kristyle Kaye Espuertas, Maribel Gocotano and Reschelle Joy Aligonero won gold medal each for the synchronized doble baston and silver medals for the synchronized solo baston.

Just like their male counterparts, they are also determined to sweep five gold medals in the full contact labanan to start this day. (HST)



Region XII Arnīs Secondary Girls in their performance in the Synchronized Solo Baston.

## Tanauan, Leyte - CRAA's "home away from home"

**THE** municipality of Tanauan in Leyte which is situated 18 kilometers away south of Tacloban City (Leyte's capital and newly-created highly urbanized city last December 2008) is CRAA's home for the entire duration of the 2009 Palarong Pambansa hosted by the province of Leyte.

So warm was the welcome of the Tanauanenos for the CRAA delegation that it started at Dulag, a town away from Tanauan, where they were fetch by a police patrol vehicle with loud sirens, and complimented with a school marching band and elementary school pupils lined up along the national highway waving flaglets

Upon arrival at Tanauan (in the afternoon of April 20, 2009), the CRAA delegation composed of officials, athletes, coaches, chaperons and support staff, were again warmly welcomed by the host municipality together with the host DepEd school division and the principals of the two schools were they were billeted.

Tanauan Central Elementary School I played host to CRAA officials while Tanauan School for Craftmanship and Home Industries accommodated the

athletes and coaches.

The common problems of water supply, room accommodation, mess hall and kitchen area, among others, were then immediately addressed due to the prompt action of the host schools.

In a very short span of time, the CRAA delegation especially the athletes and coaches were able to acclimatized themselves with the Tanauan ambience and climate which were quite similar to Region XII. Humid weather in the morning until afternoon and intermittent rains in the evening.

The bonding of Cotabatenos and the Tanauanenos were further strengthened with the festive Welcome Night prepared for the delegation by the host municipality last April 25, 2009 (Saturday).

Surely Tanauan, which is dubbed by the locals as the "most friendly municipality of Leyte" under the dynamic leadership of Mayor Roque Tiu (Leyte Mayors League President) and whose very charming and accommodating wife, PIA & Regional Director Olive Tiu, will be etched forever in the hearts of the Region XII delegation. (FCSJr)



(L-R) Tanauan Mayor Roque Tiu, Leyte Gov. 'Ico' Petilla, RD Luz Almeda, SDS Sol Lumarda and OIC-ARD Allan Farnazo during the Welcome Night at Tanauan Civic Center.

## Summary of Events Won, As of April 29, 2009

Events Won	Results
<b>Arnīs</b>	
Secondary Boys	
- Individual Doble Baston	Gold
- Individual Solo Baston	Silver
- Synchronized Solo Baston	Silver
- Synchronized Doble Baston	Gold
Secondary Girls	
- Individual Solo Baston	Gold
- Individual Doble Baston	Gold
- Synchronized Doble Baston	Gold
- Synchronized Single Baston	Silver
<b>Athletics</b>	
- Triple Jump, Elementary Boys-Finals	4th Place
- Javelin Throw, Elementary Girls-Finals	4th and 5th Place
- Shot Put, Elementary Girls-Finals	6th Place
- Shot Put, Elementary Boys- Finals	4th Place
- 800 m, Elementary Girls - Finals	6th Place
- Javelin Throw, Elem Boys - Finals	4th Place
- Long Jump, Secondary Boys-Finals	Silver
- Javelin Throw, Sec Girls - Finals	7th Place
- High Jump, Sec Girls - Finals	6th Place
<b>Badminton</b>	
- BTT, Sec Boys	Bronze
<b>Baseball</b>	
- Elementary, elimination round	Winner by default
<b>Dancesports</b>	
- Cha-cha	Gold
- Rumba	Gold
- Jive	Gold
- Samba	Bronze
- Two dance category	Bronze
- Three dance category	Silver
<b>Rythmic Gymnastics</b>	
- Team , Secondary, Final Result	4th Place
- Individual All Around	8th Place
<b>Sepak Takraw</b>	
- Secondary Boys, elimination round	Winner vs opponent
<b>Sipa</b>	
- Elementary Boys	Winner vs opponent
<b>Swimming</b>	
- 200m freestyle, elementary boys	Gold (New Record)
- 100m backstroke, elementary boys	Bronze
- 400m freestyle, secondary boys	Bronze
<b>Table Tennis</b>	
- Elementary Girls Game 5	Winner vs opponent
<b>Taekwondo</b>	
- Poomsae, Individual-Group B Boys	Silver
- Poomsae, Team-Elementary Boys	Bronze
- Poomsae, Individual Group A Elem Girls	Bronze
- Poomsae, Individual Group B Elem Girls	Bronze
- Poomsae, Team Elementary Girls	Bronze
- Poomsae, Team Secondary Boys	Bronze
- Poomsae, Individual - Girls	Bronze

### RD Almeda from p1

courage, determination and faith in God are most essential.

The two student-athletes will run again for the 4x100 and 4x400 meter relays and they are considered as the best assets of their team in track and field events. (AMS)

### Narcilla from p1

a 14 year old student also from Tacurong City was discovered during a dance workshop. The couple tried their luck on several competitions through frequent practice.

"Kahit na nanalo na sila ngayon, marami pa silang dapat, matutunan kaya dapat tuloy-tuloy lang ang practice." Jefferson Pamplona their trainer said.

The couple is set for an International dancesports competition in Cebu City in September. (HST)

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